

**Fontana Aquatics Club**

**June 23-29, 2025**

[www.fontanaaquatics.org](http://www.fontanaaquatics.org)

|                           | <b>Monday</b>                                       | <b>Tuesday</b>   | <b>Wednesday</b>                                 | <b>Thursday</b>  | <b>Friday</b>                                   | <b>Saturday</b>   | <b>Sunday</b> |
|---------------------------|---|--|--|--|---|---|---------------|
|                           | <b>June 23</b>                                      | <b>June 24</b>   | <b>June 25</b>                                   | <b>June 26</b>   | <b>June 27</b>                                  | <b>June 28</b>  | <b>J 29</b>   |
| Senior Elite              | 7:30-7:50am<br>dryland/meeting<br>8:00-10:00am swim | <b>7:30-9:00am swim<br/>9:10-10:00am<br/>dryland<br/>5-6:30pm swim</b> | 8:00-10:00am swim                                | <b>7:30-9:00am swim<br/>9:10-10:00am<br/>dryland<br/>5-6:30pm swim</b> | 7:30-9:30am swim<br>9:40-10:20am yoga           | <b>11am-1:20pm<br/>LCM at Crafton<br/>Hills College</b> |               |
| Senior<br>Senior Advanced | 6:30-8:30am swim                                    | <b>6:30-8:00am swim<br/>8:10-8:40am dryland</b>                        | 6:30-8:30am swim                                 | <b>6:30-8:00am swim<br/>8:10-8:40am dryland</b>                        | 7:30-9:30am swim<br>9:40-10:20am yoga           | <b>11am-1:20pm<br/>LCM at Crafton<br/>Hills College</b> |               |
| Senior Prep               | <b>6:30-8:00am swim</b>                             | <b>10:00-11:30am swim</b>  | <b>6:30-8:00am swim</b>                          | <b>10:00-11:30am swim</b>  | <b>9:00-9:30am yoga<br/>9:30-11:30am swim</b>   | <b>11am-1:20pm<br/>LCM at Crafton<br/>Hills College</b> |               |
| Junior Elite              | 8:00-8:20am<br>dryland/meeting<br>8:30-10:00am swim | <b>8:00-9:30`am swim<br/>9:40-10:00am<br/>dryland</b>                  | 8:00-10:00am swim                                | <b>8:00-9:30am swim<br/>9:40-10:00am<br/>dryland</b>                   | 7:30-9:30am swim<br>9:40-10:20am yoga           | <b>11am-1:20pm<br/>LCM at Crafton<br/>Hills College</b> |               |
| Junior + Advanced         | <b>8:00-8:20am dryland<br/>8:30-10:00am swim</b>    | <b>8:00-9:30am swim</b>  | <b>8:00-8:20am dryland<br/>8:30-10:00am swim</b> | <b>8:00-9:30am swim</b>  | <b>9:00-9:30am yoga<br/>9:30-11:00am swim</b>   | <b>11am-1:20pm<br/>LCM at Crafton<br/>Hills College</b> |               |
| Senior Development        | <b>10:00-11:30am swim</b>                           | <b>9:00-9:20am dryland<br/>9:30-10:30am swim</b>                       | <b>10:00-11:30am swim</b>                        | <b>9:00-9:20am dryland<br/>9:30-10:30am swim</b>                       | <b>9:40-10:20am yoga<br/>10:30-11:30am swim</b> | <b>12-1pm LCM at<br/>Crafton Hills<br/>College</b>      |               |
| Junior Development        | <b>10:00-11:30am swim</b>                           | <b>8:30-8:50am dryland<br/>9:00-10:00am swim</b>                       | <b>10:00-11:30am swim</b>                        | <b>8:30-8:50am dryland<br/>9:00-10:00am swim</b>                       | <b>9:00-9:30am yoga<br/>9:30-10:30am swim</b>   | <b>11am-12pm LCM<br/>at Crafton Hills<br/>College</b>   |               |
| Junior Mini               | <b>5:00-6:00pm swim</b>                             | <b>5:00-6:00pm swim</b>  | <b>5:00-6:00pm swim<br/>6:10-6:30pm dryland</b>  | <b>5:00-6:00pm swim</b>  | <b>5:00-6:00pm swim</b>                         | <b>11am-12pm LCM<br/>at Crafton Hills<br/>College</b>   |               |
| Pre Team                  | PT 1 5:30-6:15pm<br>PT 3 6:15-7:00pm                | PT 2 6:00-6:45pm   | PT 1 5:30-6:15pm<br>PT 2 5:30-6:15pm             | PT 2 6:00-6:45pm   | PT 1 5:30-6:15pm<br>PT 3 6:15-7:00pm            |   |               |

|                 |  |                          |  |                          |  |  |  |
|-----------------|--|--------------------------|--|--------------------------|--|--|--|
|                 |  |                          | PT 3 6:15-7:00pm   |                          |  |  |  |
| Senior Pre Comp | SrPC 2 6:30-7:00pm                       |                          | SrPC 2 6:30-7:00pm   |                          | SrPC 2 6:30-7:00pm                       |  |  |
| Junior Pre Comp | JrPC 1 4:30-5:00pm<br>JrPC 3 5:15-5:45pm | JrPC 2 5:30-6:00pm       | JrPC 2 5:00-5:30pm<br>JrPC 1 4:30-5:00pm<br>JrPC 3 5:15-5:45pm | JrPC 2 5:30-6:00pm       | JrPC 1 4:30-5:00pm<br>JrPC 3 5:15-5:45pm |  |  |
| Jr. Novice      | JR Novice 1<br>4:30-5:00pm               |                          | JR Novice1<br>4:30-5:00pm                                      |                          | JR Novice1<br>4:30-5:00pm                |  |  |
| Sr. Novice      |  | SR Novice<br>4:30-5:00pm | SR Novice<br>6:00-6:30pm                                       | SR Novice<br>4:30-5:00pm |  |  |  |
| PT Novice       | PT Novice<br>4:30-5:15pm                 |                          | PT Novice<br>4:30-5:15pm                                       |                          | PT Novice<br>4:30-5:15pm                 |  |  |